


TCC - 2026 FITNESS SCHEDULE (updated 2/1/2026)							New Classes	REFORMER CLASSES
							60 Minutes Classes	
							Aqua Classes	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	<u>TUESDAY</u>	
7:30am - 8:20am Below the Belt Cari		7:30am - 8:20am Body Conditioning Cari		7:30am - 8:20am Circuit Training Cari			8:30am - 9:20am - Beginner (Jessica) 9:30am - 10:20pm - Intermediate (Jessica) 10:30am - 11:20pm - Beginner (Jessica)	
9:30am - 10:20am Mat Pilates Carrie	9:30am - 10:20am Feel the Beat! Cari		9:30am - 10:20am Essentrics Pamela	9:30am - 10:20am Cardio Sculpt Jeneanne	9:00am - 9:50am Body Blast Tammy		<u>WEDNESDAY</u> 10:30am - 11:20pm - Beginner (Samantha) 11:30am - 12:20pm - Intermediate (Samantha)	
10:30am - 11:20am Tone, Balance, and Movement Carrie	10:30am - 11:20am Tai Chi Spenser	10:30am - 11:20am Chair Stretch & Tone Christine	10:30am - 11:30am Corrective & Mobility Anthony	10:30am - 11:20am Fab & Fit Cari	10:00am - 10:50am Stretch Tammy	10:00am - 10:50am Studio Sampler Cari	<u>THURSDAY</u> 10:30am - 11:20am Intermediate (Samantha) 11:30am - 12:20am Beginner (Samantha)	
11:00 am - 11:50 am Aqua Fit Jeneanne	11:00 am - 11:50 am Aqua Fit Elvia			11:00 am - 11:50 am Aqua Fit Jeneanne	11:00 am - 11:50 am Aqua Fit Jeneanne	11:00am - 11:50am Zumba® Tricia		
3:00pm - 4:00pm Chair Yoga Mia		3:00pm - 4:00pm Chair Yoga Mia		3:00pm - 4:00pm Chair Yoga Mia	11:00am - 11:50pm Zumba® Tricia	11:00am - 11:50am Aqua Fit Elvia		
				<div>North Shore Towers Country Club</div> <div></div>				
6:00pm - 6:50pm Ashtanga Yoga Christine	5:15pm - 6:15pm Israeli Folk Dance Allen	6:00pm - 6:50pm Ashtanga Yoga Christine	5:30pm - 6:30pm Tai Chi/Self Defense Spenser					
							Policy for Reformer Classes	
							\$15 for each reformer class opens 8 days in advance. Reservation Sign up on the app or call the Front Desk 718-428-5030 Cancellations must be made 4 hours prior to the class time to receive the credit for the class. Late cancellations or no-shows, shall result in the loss of that class.	
							Schedule is subjected to change.	